Chichester Herald

Friday 20th June 2014
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89 'lost' inmates

>> *Police issue warning after 90 prisoners go on run from open prison HMP Ford*

Suzanne Reed
NEWS@CHICHESTERHERALD.CO.UK

NINETY PRISONERS are on the run from an open jail, including some who have been missing for years, it has been revealed.

HMP Ford near Arundel, with some other open jails, has been at the centre of a number of high profile cases recently.

This week it emerged that a public appeal by Sussex Police to help trace murderer Robert Donovan, 57, had only been made four years after he walked out from Ford.

The disclosure that 90 Ford inmates are at large comes as it emerged that violent robber Simon Rhodes-Butler, 37, handed himself into police last night after fleeing from the jail last month.

And in another case, it was revealed last night that an armed robber serving a life sentence has become the latest criminal to go on the run from HMP Ford.

David Blood, 48, who police said may pose a threat to the public, absconded from the Category D prison some time between 8.30am and 1pm on 12 June.

It is thought to be the second time he has absconded from an open prison after going missing from HMP Sudbury in Derbyshire in April 2012.

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Ford Open Prison, near Arundel, has been the subject of some high profile cases of late

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Police issue warning after 90 prisoners go on run from open prison HMP Ford

Local Conservative MP, Nick Gibb, has raised concern at the number of inmates convicted of serious offences going missing from HMP Ford.

Mr Gibb, the MP for Bognor Regis and Littlehampton, said: "I'm worried about how prisoners are chosen to be sent to Ford open prison, and that too many are absconding.

"The theory is that these are prisoners who are coming to the end of their sentences and therefore should no longer be at risk of absconding.

"The risk assessment of prisoners who are being sent to Ford open prison is clearly not vigorous enough."

Sussex Police said the average number of prisoners who have absconded from HMP Ford in recent years stands at 23 annually, but that currently 90 are at large.

A police statement said they found in November that there were a number of missing inmates whose cases were not being reviewed regularly.

It said: "A dedicated team was set up to review each of those cases to try to identify lines of inquiry that we could follow to try to track the absconders down.

"Each of the absconders was registered on the Police National Computer as being missing so if they had been arrested for any offences in Britain they would have been returned to custody and we would have been notified.

"The new team is making inquiries with other forces both locally and internationally, speaking to Government agencies to look for evidence of where they have lived and following up sightings or other information passed to us as a result of their reviews of the files.

"Our intelligence-led investigations are aimed at returning the person to the prison system as quickly as possible and in some cases this can be within hours.

"We risk assess and prioritise our investigations accordingly following close liaison with local officers and the prison.

"Since the team was set up in November, a total of 23 absconders from Ford have been located and arrested.

"We decided to make a public appeal for Robert Donovan as although we had no information that he was an immediate danger to the public, his original crime was so serious that it was important for him to be returned to custody as a priority.

"In recent years an average of 23 prisoners have absconded from Ford annually. There are currently 90 people missing from Ford.

"Some have been missing for a matter of weeks but others have been missing for a number of years. We are focused on returning each and every one of these people to prison."

The Ministry of Justice said Justice Secretary Chris Grayling has ordered major changes to tighten up temporary release processes and open prison eligibility.

It was the case of 'Skullcracker' Michael Wheatley which prompted ministers to launch a major review of the case, including a broader assessment of the release on temporary licence (ROTL) process.

He was jailed for life for a raid on a building society while on the run from HMP Standford Hill in Kent, the second time he has been jailed for holding up the same branch.

Most recent Ministry of Justice figures show there were 1,242 indeterminate sentenced prisoners – that is, those serving life and imprisonment for public protection sentences (IPP) – as at December 31 last year. This includes 643 lifers and 599 IPP inmates in open prisons.

A public appeal by Sussex Police to help trace murderer Robert Donovan had only been made four years after he walked out from Ford

The future of West Sussex Fire and Rescue Service

WEST SUSSEX FIRE AND RESCUE SERVICE (WSFRS) wants residents and businesses to give their views on proposals that could change the way the service operates.

It is aiming to improve the service it offers across the county while managing resources within a reduced budget.

Members of the public are being asked to comment on proposals that would help the fire and rescue service save £1.6million from its budget for 2015/16 without impacting on its response to emergencies or response standards.

The proposals

- Keep all fire stations open, but change the way fire engines are crewed, introduce new shift patterns and reduce the overall number of staff including firefighters.
- Keep the same number of immediate response fire engines, but move one from a temporary base to a permanent location and remove some second, and one third, appliance.
- Will support WSFRS with the prevention work it carries out, working closely with communities, professional partners and those most at risk.
- Allow for investment in specialist equipment and training to support communities during severe weather and widespread flooding.

A county wide consultation has started and will run until 23 August 2014, before the proposals are considered by West Sussex County Council in September.

Details about the proposals will be given at all 14 County Local Committee meetings between June 10 and July 10. The dates and times of these meetings, which are open to the public, can be found at www.westsussex.gov.uk.

Consultation stands will also be set up at fire station open days.

Full copies of the consultation document will be available at West Sussex libraries and District and Borough Council offices. Electronic copies, and all the supporting technical documentation, is available on the fire service website www.westsussex.gov.uk/fire.

An online questionnaire is available at www.surveymonkey.com/s/FFR2015 and people can also write to Have Your Say, Future Fire Rescue, Freepost RSBK-CHTU-RGGG WSCC, Chichester, PO19 1RQ.

Anorak Corner

Interesting snippets of information about Chichester

During the Second World War there were 3 bombing raids on Chichester. Bombs were dropped on Basin Road in 1941, on Chapel Street and St Martins Street in 1943 and on Arndale and Green Roads in 1944. Furthermore in May 1944 after being badly damaged by enemy fire over France an American bomber crashed on the site of the old Roman amphitheatre.

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Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@DillyWormCrafts
Looking forward to selling at Parklands School in #Chichester on Saturday, 12-3. It's a Wild West themed Summer Fair - ye ha'

@jackway9876
Other than being stung to death by stinging nettles a bike ride across Pagham harbour to the Crab & Lobster is the best thing after work

@chlornano
Tom Odell is from Chichester and I grew up in Selsey which is a small town near it. We're basically related

@Mini_Cruises
"Coming in on a puddle" - Re entering Chichester Marina with just enough water after another brilliant trip!

@radicalj
St Anthony's School Summer Fair this Saturday all good #Chichester folk please retweet!

@TheAshkinky
Lovely day to Chichester meeting friends spoilt by the car breaking down on the way home. Phil Mitchell lookalike to the resrue...

@ReynoldsMO
Am liking Chichester. Need to find and see the theatre where Lord Olivier of Brighton ran part of the old National Theatre from...

@David__Hanson
#West Wittering beach, one of my favourite places and it is one of the top twenty UK beaches! pic.twitter.com/yZzs4sHonU

@clarkyfanzone
Internet man came early to fix my broadband so I made it to Arundel to see Leaning smash one back at Treadwell. Great ratch, Outlaw 99

@ARM_DamianH
Can't quite believe this but I'm at a holiday park in Selsey watching Gareth Date

Previous World Cups, flags were everywhere

NATIONALISM
This summer we're tested as to how patriotic we are. What with a World Cup, England v All Blacks, Wimbledon, a Ryder Cup and a Middle East crisis

WORLD CUP FLAGS
I saw a total of four cars with flags before England's opening game. Previous World Cups they were everywhere. Do blokes who dip flags on their vehicle care less about their country if they think we're going to get stuffed?

BUSKERS IN CHICHESTER
Saturday mornings you get too many indifferent buskers especially when they all use PA systems although some are alright like the blues trio who attract the amazing senior citizen who dances with class and abandon

JOHN LENNON
He wouldn't have dissed the World Cup, just supported someone needy. He'd have driven around in a psychedelic Rolls Royce with a plastic third world country flag

NATIONALISM AND HUMOUR
Have you seen any grim Brazilian men in a dark suit not doing a Samba? No. But we're on our way with getting rid of national stereotypes. Try the joke at the bottom. It might make you smile. Will it entrench any national cliches?

TEAMING UP WITH IRAN
Our country and the USA have been at loggerheads with Iran since they kicked out the Shah. Sometimes people develop a sneaking admiration for people they are enemies with

SCHOOL FOOD
Children don't want to sit down and eat a plateful of food. We evolved nibbling nuts and berries all day. Sit-down lunch is unnatural. Children don't really like meat either. Offer a child an apple or a piece of meat they'll more likely take the apple. Civilisation is still so young people like Michael Gove and Jamie Oliver have not evolved enough to get that they can't put think millions of years of evolution. Put a small bowl of cherry tomatoes and slivers of raw carrot at the elbow of every child at their desk, all day long

GUESS WHO?
Guess who said "Offer a child an apple or a piece of meat and they'll take the apple." Hitler. I've got a fascinating book "Hitler's Table Talk" Hitler had all his dinner conversations during the war written down. The striking thing is what a tremendous bore he was. He didn't chat at all, just banged on in sweeping generalisations, cliches and simplifications, like the old pub bore or some embarrassing teenager after 3 litres of Frosty Jacks.

CHILDREN AND FOOD
Would you want to sit down three times a day with a fait accompli plate of food you didn't ask for or order and be expected to eat every last mouthful not because it's tasty but because it's "good for you" while listening to two people 30 years older than you talking about their day? Nah

HITLER'S "MORALITY"
One evening during the war Hitler had a number of his generals in for dinner. They mentioned that they'd spent the afternoon shooting pheasants. Hitler gave them a ten minute rollicking for picking on defenceless animals

FRENCH JOKE
Two Belgians are driving a truck and they come to a sign that says "Low Bridge maximum height 4 meters" They get out and measure their truck and it's 6 metres. "What shall we do?" says one. The other says "I don't see any police let's drive on"

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FREE EVERY FRIDAY

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Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include
Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Petworth, Rose Green, Selsey and East & West Wittering

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It really does work... the testimonials
Furniture & More based in Terminus Road say: "What a couple were having a coffee in like they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

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Chichester Herald is printed from 100% recycled paper. Please recycle after you have finished reading your wonderful newspaper

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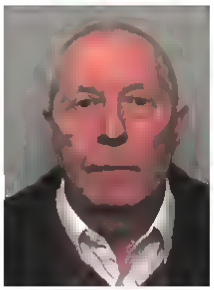

James Barnard has been sentenced to nine years

A BOGNOR man has gone to prison for nine years for a series of sexual assaults on two young girls.

65-year old James Barnard, of Hillsboro Road, Bognor, appeared at Lewes Crown Court on Friday 13 June, having been found guilty last month of five offences of assaulting the two girls, then aged between four and eight, on different dates between 2008 and 2013.

At last month's hearing he had been found not guilty of four other offences, involving two other girls.

Barnard was also ordered to register as a sex offender indefinitely on his release from prison and was served with a Sexual Offences Prevention Order (SOPO) severely restricting his access to children.

Detective Constable Steve Edwards of the West Sussex Child Protection Team said: "Barnard got to know the girls over a period of time and gradually gained their confidence, a classic example of grooming. He then chose opportunities to subject them to sexual assaults, which in their innocence and vulnerability they did not mention to anyone at the time.

"Only when one of them spoke to her parents last year did his behaviour come to light."

Suspected burglar remanded in custody

A MAN has been remanded in custody after a string of offences.

On Wednesday (11 June) Jamie Osborne, 18, of no fixed address, appeared at Crawley Magistrates' Court charged with the following:

– burglary in a dwelling at Stocker Road, Bognor Regis, on Friday 6 June.

– theft from a car in Gainsborough Road, Bognor Regis, on Friday 6 June.

– burglary in a dwelling at Montgomery Drive, Bognor Regis, on Sunday 8 June.

– criminal damage to a vehicle in Lyon Street, Bognor Regis, on Monday 9 June.

– assaulting a police officer on Monday 9 June.

Osborne was remanded in custody until Monday 28 July.

As a result of police action, some stolen property has been recovered.

Detective Constable David Midgley, of West Sussex CID, is keen to talk to anyone with information which may assist with enquiries.

Anyone able to help should phone Sussex Police on 101 or email 101@sussex.pnn.police.uk, quoting 4714 006 3864. Alternatively they can contact the independent charity Crimestoppers on 0800 555 111.

Witnesses sought to alleged assault in High Street, Bognor Regis

POLICE are seeking witnesses to an incident in High Street, Bognor Regis, at about 9.30pm on Saturday (7 June) in which it is alleged a motorist assaulted a couple who had waved at him to slow down.

The motorist was driving a distinctive red Audi S3 Quatro car with a non-standard loud exhaust.

The couple were on foot near the High Street's junction with Den Avenue.

A music event had just ended at nearby Hotham Park and officers believe the incident may have been seen by people leaving the park.

A 33-year-old man has been arrested on suspicion of assault.

Anyone who saw what happened is asked to phone Sussex Police on 101 or email 101@sussex.pnn.police.uk, quoting serial 1567 of 7/6.

Alternatively they can call the independent charity Crimestoppers free and anonymously on 0800 555 111.

Laptop stolen in Bognor Burglary

POLICE are appealing for witnesses to a burglary at a house in Lyon Street, Bognor Regis, between 2pm and 5.15pm on Saturday 7 June.

A dark red Asus Laptop Model X53EFX223eV and a small black rucksack were stolen.

Sussex Police has launched Operation Magpie to tackle burglary across Sussex.

Any witness or anyone with information is asked to call 101 or email 101@sussex.pnn.police.uk quoting serial 1184 of 7/6. Alternatively, call the independent charity Crimestoppers anonymously on 800 555 111.

Blues on the Farm 2014 19-22 June

BLUES ON THE FARM is famed for the exciting and sometimes extraordinary talents showcased at this internationally acclaimed event and this year the tradition continues.

Visit www.bluesonthefarm.co.uk to see the premier line up of international talent.

Jazz Legend Chris Barber and his big band together with Antonio Forcione and Sarah-Jane Morris appear on Thursday evening and in a break with festival tradition there will be a large seated area for this performance.

Throughout the weekend there will be a mix of Blues from USA with Royal Southern Brotherhood, Dana Fuchs, Hamilton Loomis, Lisa Mills and Moreland & Arbuckle together with superb UK groups like Babajack, The Blues Band, Midnight Ramble, The Swing Commanders, La Vendore Rogue and flying in from Spain the inimitable Mike Sanchez and his band.

With ample Car Parking together with a camp site welcoming campers and caravanners adjacent to the event field, an extensive real ale marquee and local food stalls, Blues on the Farm has become one of the premier summer events.

When asked what makes Blues on the Farm so popular Organiser Julian Moores said: "Perhaps it is because as an organisation we care. A recent entry in our musicians' visitors' book said 'Blues on the Farm makes musicians feel valued' and that is what it is all about. Most of all we care about our audience, many of whom we keep in touch with personally throughout the year. For some the countdown to Blues starts at Christmas.

Among the accolades we have been pleased to receive along with Best Blues Festival is that of the Friendliest Festival and who could ask for more?"

The award winning Festival which encompasses Jazz, Classic and Contemporary Blues, Blues Rock, Soul and Roots Music, takes place in an idyllic rural setting at Pump Bottom Farm, PO20 7EH, south of Chichester on the A286 Birdham Road.

Opening Times from 6.30pm midnight Thursday 19 June 11.30a.m. to midnight Friday 20 June and Saturday 21June 11.30a.m. to 11.30pm Sunday 22 June.

Tickets and full details are on line at www.bluesonthefarm.co.uk Email info@bluesonthefarm.co.uk Telephone 01243 773828 and 01243 539072.

Trading Standards warn about misleading menus

WHAT DO THE FOLLOWING West Sussex restaurant menu descriptions have in common?

'Brixham scampi', "free range veal", "breaded scampi", "Devon clotted cream', "Sussex beef hung for 28 days', "Surrey beef", "monkfish bhuna"?

They were all found to be untrue during West Sussex Trading Standards checks on restaurant menu descriptions over the past few months The Brixham scampi was only purchased from a supplier in Brixham but the scampi themselves came from Ireland

The Council's Trading Standards Officers warned this week that while in some of these cases the untrue claims were the result of last minute supply problems, businesses should always check that their menus accurately reflect the food on offer

Investigations into the exact circumstances of the incorrect descriptions are continuing with available sanctions ranging from a written warning to prosecution.

Lionel Barnard, West Sussex County Council's Cabinet Member for Residents' Services, with responsibility for Trading Standards said "Not only do we want to ensure that those visiting West Sussex restaurants over the summer can be confident of what they are ordering but we need to protect the interests of the vast majority of excellent West Sussex restaurants who play by the rules!"

In all, Trading Standards found issues with the menu descriptions in 14 per cent of premises visited across the county

If you suspect food may not be as described then you can contact West Sussex Trading Standards through the Citizen's Advice Consumer Service on 08454 040506, or use an online reporting form at www.westsussex.gov.uk/tsreport

Young carers need you!

COULD YOU spare one evening a week to help young carers access the opportunities and support that many others take for granted?

West Sussex County Council is appealing for volunteers who can provide young carers with transport to their local youth group during term time

A young carer is someone who takes on responsibilities at home because someone in their family has a disability, has been ill for a long time, experiences mental ill health, or has a problem linked to drugs or alcohol.

Caring responsibilities can put a significant strain on a young person, affecting their school attendance, achievements and future prospects Taking part in social activities and meeting other young carers can offer a valuable outlet, allowing them to build self-esteem, make friends and try new things

"Many children and young people rely on mum or dad to get around, but for young carers this often isn't an option and they end up missing out on the important social interaction they need," said Peter Evans, West Sussex County Council's Cabinet Member for Children Start of Life

"Thanks to our transport volunteers, young carers can take a break from the responsibilities they have at home, even if it's just for a couple of hours, which can make a huge difference to their overall wellbeing'

Julie Baldwin is one of those volunteers, donating around three hours of her time every Monday evening. "I started in February this year and it's quickly become an enjoyable part of my weekly routine," explains Julie

"I heard an advert appealing for volunteers and it sounded like something I could do. I'm so glad I got in touch, it's really satisfying to know that I'm helping and being thanked at the end of a journey really does feel lovely

"The young people I transport live in quite an isolated area and there is no way they could get to the youth club without private transport When they get in the car they often want to talk and talk about anything and everything so they clearly need an outlet And I'm happy to listen"

Volunteers must have a full driving licence and their own fully-insured car They will need good communication skills and must be sensitive to the needs of young carers They will also require a criminal records check with the Disclosure and Barring Service, and must provide two references

Full training is provided, travel costs and agreed out of pocket expenses will be reimbursed

"If you're thinking of volunteering but are still unsure my advice would be to go for it," says Julie "I think everyone is apprehensive at the beginning, and yes, the first journey is quite nerve-wracking but think positive Each week is different so just take it as it comes"

If you think you could help a young carer and would like further information please call 01003 270300 or email youngcarers@westsussex.gov.uk The closing date for applications is Monday 30 June.

Nominations open for Queen's Award for Voluntary Service

IF YOUR VOLUNTARY GROUP makes a difference to your local community then we want to hear from you!

It doesn't matter if there are two of you, 20, or 200 or more, if your group is making a difference to your local community you could win the highest honour any organisation can receive – the Queen's Award for Voluntary Service – equivalent to a group MBE.

If you have been operating for at least three years and there are two or more of you, then you are eligible If you are a branch of a national charity and doing innovative work then you are also eligible

The Lord Lieutenants of East and West Sussex, together with the National QAVS Chairman, and the broadcaster and TV presenter Martyn Lewis, invite you to join them for an afternoon tea and information session, in Brighton, on Tuesday 15 July 2014.

Also present will be past winners who will tell you about the impact the award has had on their organisation.

Please apply to us for more information. It will also be a great networking opportunity

For more information and to confirm your place please email marionshop@me.com

23RD GREAT YEAR OF THE AWARD WINNING BLUES ON THE FARM FESTIVAL

The Big Chris Barber Band • Antonio Forcione with Sarah Jane Morris • The Blues Band • Mike Sanchez Band
Royal Southern Brotherhood • Hamilton Loomis • Dana Fuchs Band • Federal Charm • Midnight Ramble
Big Dez • The Swing Commanders • Babajack • Devenport and much, much more!

Thu 19, Fri 20, Sat 21 & Sun 22 June Pump Bottom Farm PO20 7EH
01243 773828 / 539072 www.bluesonthefarm.co.uk

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You don't need to wait.

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Our all-inclusive price includes pre-assessment, cataract surgery and post discharge care
Our Cataract Specialists will get you treatment faster

At Nuffield Health Chichester Hospital, we believe you should never have to wait for the care you need. This is why all our treatments are available on pay-as-you-go, meaning a simple one off payment - even if you don't have private medical insurance.
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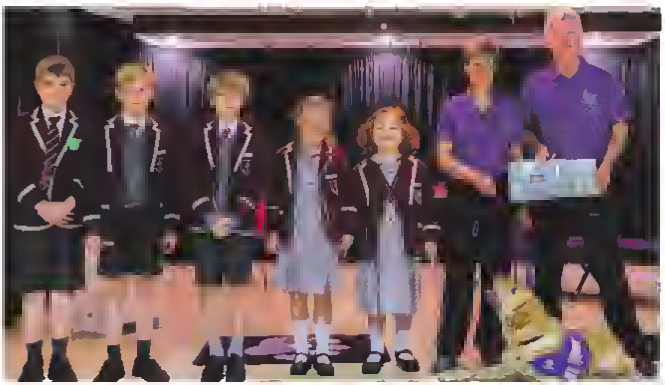
- Chichesterenquiries@nuffieldhealth.com

Nuffield Health Hospitals
Get the Nuffield Treatment

Depending on the terms you choose. * Net of staffing private patient units at NHS hospitals. Local area defined as within 15 miles of the Nuffield Health hospital. We will match against written quotes only. For smilesavailable for patients paying for themselves. Where possible, we promise to assist you to receive any follow up advice, treatment or care that is clinically required from your Consultant for as long as you may require it. If a prosthesis is used as part of your treatment this is guaranteed for the manufacturer's official lifetime of that prosthesis. "Clinical review" indicates where further intervention and/or monitoring of a patient's condition is deemed necessary as a direct result of surgical intervention

Busy post-exams schedule at Great Ballard School



THE FIRST WEEK of June meant summer exams for the senior pupils at Great Ballard, and the pressure was on for the Year 8s who sat Common Entrance – the national exam for prep schools. Happily, thanks to their own hard work and that of their teachers, all were successful and gained places to their first choice senior schools.

Whilst the hard work in the classroom will continue, the post-exam period is also one where the children are involved in a variety of other activities, both in and out of school.

On Monday, there was a visit from Canine Partners, who train dogs to help disabled people with everyday tasks. Whilst they were delighted to accept a cheque for £700 towards the training of a new dog, they also brought the very well trained Toffee to give the children a demonstration of the extraordinary things that the dogs can do, including zipping up a fleece and taking clothes out of the washing machine.

Whilst the Year 8 pupils enjoyed a week in Dorset last week, the Year 7 pupils were in France and the value of these trips away from school and parents cannot be overestimated. Qualities like personal organisation, independence, and self-confidence are always developed in these situations and lasting memories made.

Revealing CFT's emerging stories

AS FINAL PREPARATIONS take place for the reopening of the Festival Theatre in July, a special event is being held to bring to life some of the hidden histories from the Theatre archives.

University of Chichester professor and theatre historian Simon Barker has been given access to previously unseen photos, written records and memorabilia charting the Festival Theatre's progress from 1962 to the present.

Emerging Stories from the Festival Theatre Archive will shine a spotlight on these undiscovered materials, as Professor Barker presents a potted history with selected objects that have been kept under wraps until the day of the talk.

The event has been organised by *Pass It On*, in association with the Festival of Chichester. *Pass It On* is a three year CFT project funded by the Heritage Lottery Fund to capture, explore and share the history of the Festival Theatre, uncovering the contribution of the many local people who have worked tirelessly behind the scenes.

During the last 18 months, volunteers have been hard at work sorting through the archives, collecting people's memories of the Festival Theatre and documenting the discoveries they have made. More events and exhibitions are planned later this year to highlight and celebrate the archive materials that have been gathered.

Emerging Stories will take place at Chichester Library on Wednesday 25 June at 7.30pm. Tickets are free but booking is essential. For further information go to cft.org.uk/emergingstories or call the Box Office on 01243 781312.

Anyone with photos, footage or memories of the Theatre that they would like to share is welcome to contact the Pass It On team by emailing heritage@cft.org.uk. To read more about the stories that have already been found, visit passiton@cft.org.uk.

Mowers out in force as grass cutting season continues

FRESHLY MOWED grass is a familiar scent across West Sussex at this time of year.

That is because West Sussex County Council's contractors are out in force maintaining verges as part of the 2014 grass cutting schedule.

Between March and November, contractors' cut grass verges in towns and urban areas seven times.

This compares favourably to the national recommended safety level of five times a year.

In rural areas, verges are cut three times a year.

Elsewhere, district or borough councils and housing authorities are responsible for cutting the grass in recreational areas such as parks.

Highway verges on the A27, M23 and A23 are looked after by the Highways Agency.

You can find out when the County Council is due to cut the verges in your community by viewing our schedule.

Visit www.westsussexhighways.org and search under 'routine maintenance', then click 'grass cutting'.

Schedules for both rural and urban areas can be found there.

The schedule can sometimes be delayed because of weather conditions and unforeseen circumstances.

As far as safety allows, WSCC aim to preserve verges which are havens for rare flowers and wildlife.

These are known as Notable Road Verges and will remain uncut while the flowers are in bloom.

However WSCC still maintain them out of season.

How you can help WSCC?

- If you find a problem with grass cutting or weed control, or if you are unhappy with the work of our contractors, report it to us via our Love West Sussex app.

To report it online, log on to www.westsussex.gov.uk and click the 'Love West Sussex' logo on the bottom left hand side of the homepage.

To report it by smartphone download the free 'Love West Sussex' app either via the App stores or from lovewestsussex@westsussex.gov.uk.

- Report it to us if you know about any junctions where the view is blocked by long grass or weeds;
- Report it to us if you find poisonous weeds, such as ragwort, on a publicly maintained highway;
- Do not park on grass verges, and
- Do not put large objects, such as stones or logs, on verges, even to prevent illegal parking, as these can be dangerous to pedestrians and contractors.

Frequently asked questions:

Why doesn't the County Council sweep up the grass after it has been cut?
We have looked at this option on several occasions but the additional expense would be extremely high. If collection were included we could only afford to cut the grass two or three times a season in urban areas.

How much does grass cutting cost the taxpayer?
It costs a resident in West Sussex under £2 a year.

Surely too much cutting damages the environment, especially in the countryside?
We share your concern about protecting our natural environment and try to reflect this in the way we look after the grass verges.

Why is ragwort a problem? And what is the County Council doing about it?
Ragwort is toxic to certain animals causing death if eaten. This is one of the few examples of when weed killer will be applied.

Why do you sometimes cut one area of grass and leave another untouched?
Certain verges contain environmentally important or rare species of flowers or insects. To allow them to survive cutting is only allowed at certain times of the year. In addition, we may not own some areas of grass near the highway.

I have nowhere to park. Why can't I park on the grass verge?
Parking on verges damages them, particularly in wet weather. It can also cause safety and visibility problems, especially in areas where there is heavy traffic. Demand for parking can be very high and, unfortunately this may mean that you need to park further away than you would wish at times.

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A summer of strange insects, bad TV commentary and abuse on twitter

Allis Moss

On the Case

Whether you're into football or glazing over and already sick of it, you probably heard the BBC have had a few rotten tomatoes lobbed in their direction over the audio on some of their programmes, most recently the World Cup. First it was Cornish mumblings on Daphne Du Maurier's Jamaica Inn, which was inaudible, now it's Phil Neville's commentary of England's opening match with Italy, which we lost 2-1. Because, yes, many have said his commentary was flat and uninspiring, which it was, but it was also unclear in places, too.

Poor old Phil has had to absorb a barrage of rotten tomatoes on social media as a result. One police force tweeted that, at least, it wouldn't stir the fans to a frenzy in the pubs. The BBC responded that the former England cap and Man U coach was a respected member of the team. The trouble with the Beeb is they equate expertise on a subject with the ability to perform commentary. He's articulate enough just not a performer. Phil says he is learning, but it's harder than he thought. My old on air sparring partner, Danny Baker, got it absolutely right when he asked, 'What were they thinking of giving him this match to learn his craft?' I'm writing this ahead of the paper going to press and before England's Uruguay match so, who knows, Phil may have redeemed himself by close of play, the TV alight with his observations and the fans rabble-rousing in the pubs. If you don't like football, don't look away now, just cut to the fourth paragraph.

It takes two to tackle

Classic FM was offering David Mellor as alternative entertainment. Now, say what you like about Mellor, but for my money the range and depth of his knowledge on music keep me listening. I have a suspicion he was watching the football as soon as he closed his mic. I had to choose between the gorgeous orchestral tangos and lilting jazz numbers that wrapped electromagnetic tendrils around me to drag me back to the radio versus the chanting fans of Switzerland and Ecuador on the box. So I watched the match with the commentary down and the tango up. Sorted.

Dr Neville and Ms Rowling

Poor old Phil Neville had a lot of abuse on twitter, even though he had nothing to do with the match commentary. A radiator salesman with the same name found himself on the receiving end of a wagon load of criticism about the performance of his alter ego and man who shares his moniker. Ditto, Harry Potter author, JK Rowling. A charity claimed their twitter account had been hacked when a tweet appeared from them calling the writer a 'bitch' when she went public on supporting the continuing union of England and Scotland. The referendum is causing emotions to run high but it seems unless you support independence and back the Scottish National Party you're shouted down when you try and express your opinion. Rowling has a Scottish grandmother and has lived in Edinburgh for years. She is as entitled to make hers heard as Alex Salmond.

Janet

Janet Street Porter, who's on a walking tour to gauge public opinion in Scotland ahead of the September vote, says she thinks it won't be emotion but the economy that decides it. Let's hope she's right. But I've a bone to pick with Ms Street Porter. It's fair to say most people down south are barely aware it's happening let alone across any of the arguments', she says of the referendum. Perhaps it's meant to be funny, but it's also wrong. Most of us are not only aware it's happening but care about the outcome and wonder why we aren't getting a say in the future of the UK. Hands up those of you who would describe yourselves as British rather than English?

Banks – why do we put up with them?

A few weeks ago I cast aspersions about Barclays insisting customers who wanted to withdraw £60 cash should not queue for a teller but only use a hole in the wall. Now I would like to shine the spotlight on NatWest. As the bank owned by RBS Group in which we, as taxpayers, have a 58 per cent share, you would think they would be doing their utmost to treat the public and particularly their clients decently. That's not the impression that's being created. Like to phone the branch and speak to someone? Impossible – there's no number. Want to get specific information about your account from their call centre? Not always possible. Need to have a word with the bank manager? Unavailable, without an appointment, would seem to be the case – and even that isn't easy to get sometimes. Some customers may feel they are being kept at arms' length, while the bank seems to think that automated calls asking for customer feedback and texts make up for it.

And finally

There are some very strange insects about at the moment, possibly as a result of global warming, darkening skies, fleeing Brazil to avoid the world cup, whatever. I've seen two large beetles, possibly stags, and today a flying leaf with legs alighted on my leg. It mimicked a leaf in every respect, except it hummed. Nature truly is amazing.

Contact Allis: ✉ *allis.moss@chichesterherald.co.uk*

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Photo of the week

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Gold medal winner has received a British Empire Medal in the Queen's 2014 Birthday honours

FORMER Chichester College cabinet making apprentice George Callow has been honoured with a British Empire Medal for his services to skills.

In July 2013, George took the top spot for the UK with an almighty 'gold' medal at the coveted cabinet making WorldSkills competition in an intense four day battle in Leipzig, Germany.

The 21-year old is one of the youngest people to receive the prestigious accolade this year, which is honoured to those for sustained and notable local contribution.

It is a huge honour for George, who works at Cimitree as a furniture maker, and for Chichester College where he completed his Level 2 and Furniture apprenticeship. It is also recognition of the support given by Christian Notley, Head of Furniture Making and the training manager at World Skills.

George who lives in East Wittering, said: "I received a letter a few months ago informing me I was going to be honoured. Before I opened the letter I knew it was important as it said from Her Majesty Service on it. I thought, I've either done something really good, or really bad."

"I'm shocked, surprised and ecstatic. I never thought I would achieve something like this through making furniture. I want to thank everyone who helped train me – Christian Notley, Luke Griffiths, Chichester College and Cimitree."

Prime Minister, David Cameron, recommended George Callow to the Queen for a British Empire Medal. Last July, David Cameron commented on George's win in the WorldSkills, he said: "British ambition and ingenuity has once again taken on and beaten the best in the world and I extend my congratulations to Team UK. As we compete in the global race, this government is on the side of ambitious young people who want to work hard and get on and we will continue in our efforts to build the biggest and best apprenticeship programme."

Chichester College Principal, Shelagh Legrave, said: "Chichester College is so proud that George won a Gold Medal at World Skills 2013. He is an incredibly skilled craftsman, trained by Christian Notley, the Head of Furniture Making at the College. The award of a BEM in the Queen's Birthday Honours is testament to his achievement and skill."

The Queen, or a member of the Royal Family representing her, will present the medal to George at an investiture at Buckingham Palace or Windsor Castle during the summer.

George has also been invited to the 2015 Royal Garden Party, where he will meet high profile guests and the Royal family.

In total, 1149 people have been honoured – only 300 of these are receiving a British Empire Medal.

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Charity founder needs your help

A LOCAL CHARITY FOUNDER is after your votes to help her secure vital funds.

Kim Taylor, originally from Boxgrove in West Sussex, founded and now manages Animal Care in Egypt, a charity based in Luxor which provides free veterinary care and treatment to the working and other animals of Luxor and the surrounding area.

The political unrest in the country has severely impacted upon the people and therefore their animals. Animal Care in Egypt has been detrimentally affected by the situation and continuation of the charitable efforts has been difficult, at a time when the people and animals have needed the help of the charity more than ever.

Animal Care in Egypt was thrilled to be accepted into the June round of the Direct Debit Big Break for Charity Initiative and if they receive the most votes during the month of June, they will win £2,000!

Please help them by voting, it takes just a few moments. You can vote:

Online (https://www.directdebit.co.uk/DirectDebitPromotions/BigBreak2014/Pages/CauseDetail.aspx?CauseId=784)

by Mobile – Text Big Break 0784 to 78866

by Post – Send a postcard including your name, address and Animal Care in Egypt as the cause you are voting for to The Big Break, PO 7604, London W1A 5HZ. Postal votes must be received five working days prior to the end of the month to count. Animal Care in Egypt www.ace-egypt.org.uk"

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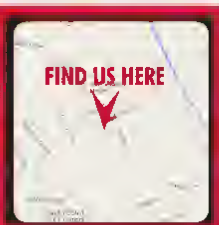

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National News

News in Brief

• Brazilian officials say they confiscated 30kg (86lb) of caramel spread from Uruguay's football team as it arrived in Brazil for the World Cup. The spread, called dulce de leche, is extremely popular in Uruguay but the Brazilian authorities said that as it was made with milk, it needed sanitary documentation which was lacking. Some fans are already blaming Uruguay's shock 3-1 defeat to Costa Rica on the lack of dulce de leche.

• A scientist who was left brain damaged after waiting more than 100 minutes for an ambulance has been awarded a compensation package worth £3m. Caren Paterson, 36, collapsed at her home in Islington, north London, in 2007, and her boyfriend called 999. But the address was flagged as high risk and the crew waited just 100m away waiting for a police escort.

• A toddler died following a house fire a year to the day after her six-month-old brother died from suspected cot death. The girl called Angel, three, died after a blaze tore through her family home in Carmarthen on Sunday. Events surrounding her death are being investigated including why an ambulance was unavailable to take her to hospital.

• The shooting of a disabled man in his wheelchair by police was "proportionate, reasonable and necessary," a watchdog said. Officers were called to Simon Tandy's house in Keynsham, near Bristol, last May, following reports he had a weapon. He was ordered to drop his legally-owned airgun but refused. After being shot with a baton round, he raised his weapon again and was shot in the leg.

• UK intelligence service GCHQ can legally snoop on British use of Google, Facebook and web-based email without specific warrants because the firms are based abroad, the government has said. Classed as "external communications", such activity can be covered by a broad warrant and intercepted without extra clearance, spy boss Charles Farr said. The policy was revealed as part of a legal battle with campaign group Privacy International (PI).

Theresa May 'sorry' over delayed passport applications

HOME SECRETARY Theresa May has apologised for delays in processing passport applications and insisted the government is doing all it can to deal with the situation.

"I am sorry and the government is sorry," she told MPs in a Labour-led Commons debate on the delays.

There had been unusually high demand for passports, she said.

Shadow home secretary Yvette Cooper said the situation was a "shambles" and accused Mrs May of incompetence.

"She has come to this late. She hasn't had her eye on the ball," Ms Cooper told Parliament.

"It is really unfair on people who have saved up everything for their holiday and now it's being wrecked by her incompetence."

Mrs May said the passport office was dealing with the highest demand for passports for 12 years. She said the annual surge in demand in summer had started much earlier than usual.

"I would like to say to anybody who is unable to travel because of a delay in processing their passport application that I am sorry and the government is sorry for the inconvenience they have suffered and we are doing all we can to put things right," she said.

Despite some lengthy delays, the majority of applicants are still receiving their passports within three weeks as usual, Mrs May said.

Over the first five months of the year more than 99% of those making "straightforward" applications had received their documents within four weeks, she added.

Ms Cooper said it was not clear what a "straightforward" application was, and it may exclude cases of parents applying for children's passports, which was where much of the problem lay.

Morrisons plans to cut 2,600 management jobs

UK SUPERMARKET chain Morrisons plans to cut 2,600 jobs as a result of changes to its management structure.

The firm, which has 126,000 staff, will reduce layers of management, it said.

Dalton Philips, Morrisons' chief executive, said the changes would "lead to simpler, smarter ways of working".

The former chairman, Sir Ken Morrison, told the BBC that the announcement was "very disappointing" and that a more hands-on approach was needed.

"Shop in your own shop, talk to customers and don't make presidential visits, go as an ordinary member of the public," he said.

Earlier this month he also attacked the chief executive at the company's annual meeting, telling shareholders he thought the results were "disastrous".

Morrisons said it had tried out the new structure and that it led to better performance.

Mr Philips said: "This is the right time to modernise the way our stores are managed. These changes will improve our focus on customers and lead to simpler, smarter ways of working."

The roles at risk include department manager and supervisory positions in stores, says the company.

The supermarket will also create 1,000 jobs in Morrisons M local convenience stores and 3,000 in new supermarkets. Morrisons will "look to offer displaced colleagues the opportunity to work in these growing businesses", it said.

The big four supermarkets – Tesco, Sainsbury's, Asda and Morrisons – are being squeezed by low-cost rivals such as Aldi and Lidl, as well as upmarket chains such as Waitrose.

Morrisons' shares rose 2.3% to 192.6 pence apiece.

Wrong Phil Neville receives Twitter abuse

A RADIATOR SALESMAN called Phil Neville has received hundreds of abusive tweets intended for his footballing namesake.

Mr Neville, from Suffolk, was bombarded with Twitter messages to his account@philneville by fans who were unhappy with the ex-England star's World Cup TV commentary for the BBC on Saturday.

The former Manchester United utility player's punditry was widely criticised for being dully delivered and boring.

The other Phil Neville, aged 00, said he felt sorry for his famous namesake.

Mr Neville, from Hadleigh, said upon returning home from watching England's 2-1 defeat against Italy with friends, he noticed his phone was constantly buzzing.

The former referee, who was a fourth official during some Premier League games in the 1990s, said he was used to insults from football fans, but could not believe the content of some of the messages.

"Some were very abusive. One person said 'I hope you die'."

The ex-Everton captain, who made his commentary debut for the BBC during the England game, tweeted: "1st live co-comm last night-sometimes u have to take the criticism – it will only make me better. thanks for the feedback(ahhahaha)."

The BBC confirmed it had received 445 complaints about Neville's commentary on Saturday, but added he would continue to play "a key role throughout the tournament".

Chichester Business

Valuable tips for getting PR for your small business

Public Relations (commonly known as "PR") is often mistaken to be a tool used by the "big players" – large brands or organisations that can afford to invest time and money in such 'luxuries'.

The truth is that PR is every bit as important for a small business, as it is for the big fish.

PR work is largely based on the fact that customers are far more receptive to a product or service when they hear about it through a third party. Today PR is also the art and science of marketing your brand, not only to old-school media sources, but also to bloggers and influencers with a large social media following.

The goals of PR remain the same, only the methods are evolving.

The good news is that social media networks help to provide a powerful way for small business owners to integrate cost-effective PR activities into their marketing efforts. On the flip side, everyone has access to the same tools, and it can be hard to stand out from the crowd.

Here are some helpful tips to help you get noticed if you are managing on a small or non-existent budget.

Create a list of journalists

The goal of your PR efforts is to market yourself to individuals who can get the word about your business out to potential customers. Try identifying the top journalists or bloggers in your industry and list them.

Connect Through Social Media

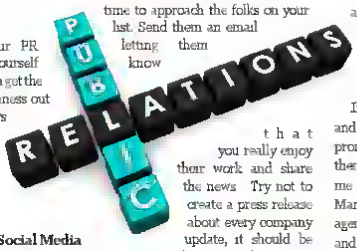
Get on the radar of the journalists on your list through liking and following them on Facebook and Twitter and engaging with their posts. If you are consistently visible on somebody's Facebook or Twitter feed, you will get noticed. Just be sure not to overdo it!

Write a Winning Press Release

The basic purpose of a press release is to tell journalists and bloggers what is happening with your business and why is it interesting. Keep it short, write follow up emails, and never expect a journalist to do extra research to find your links.

The Pitch.

With a press release ready, it is time to approach the folks on your list. Send them an email letting them know that you really enjoy their work and share the news. Try not to create a press release about every company update, it should be truly newsworthy.



Tell the World

One of the most powerful marketing tools is a mention by a third party – especially a writer in your industry. If your press release has made it to the press, share it on your social media channels and website to generate buzz and traffic.

Once you have gathered a few press mentions, why not create a press page for your website? This will serve to add to your credibility in the eyes of writers in your industry as well as of potential clients.

And remember, you don't have to be an expert to write a press release that could get you onto the front pages.

If you would like further advice and support on the subject of how to promote your business effectively, then please get in touch with me. I've been running Mindseye Management, a PR & Marketing agency for over three years now and in that time we've offered many businesses bespoke guidance.

Do you run a business in Chichester? Then share news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column. Kylee@MindseyeManagement.Com @MindseyeMgmt

Picturesque pub to hold event

THE DOLPHIN & ANCHOR in Chichester is the venue for a special Campaign for Real Ale (CAMRA) presentation event.

The pub, in West Street, will host the Western Sussex CAMRA Locale of the Festival award, on Tuesday, June 24 at 7.30pm.

The award, being presented to Petworth-based Langham Brewery, by Philip Wildsmith, chairman of Western Sussex CAMRA, is for winning first place LocAle of the Festival, at the 25th Yapton 2014 Silver Jubilee Beerex.

The winning beer, an unfined Belgian farmhouse, Saison (3.9% ABV), topped the poll of 24 local ales, out of 65 ales showcased at the annual beer festival, held at Yapton & Ford Village Hall.

It was the first time an award has been given for a non UK traditional beer style.

The recipe uses a Belgian saison yeast to give an amazing banana/clove aroma and lovely creamy head, 3 carefully chosen «super» hops for a grapefruity hopping and blend of German malts for fabulous dry finish. As Saison is unfined it is also vegan friendly.

Western Sussex CAMRA said: "It's good to see so many porters winning this year, but particularly impressive for the LocAle of the Festival award to be won for the second year running by a brand new beer. Congratulations to all the breweries."

The presentation evening, at The Dolphin & Anchor, will also include a meet-the-brewer event from 7.30pm.

Mark Behr, shift manager at The Dolphin & Anchor, said: "We are delighted to be hosting the Western Sussex CAMRA members and congratulate Langham Brewery on their success."

Herald Recruitment

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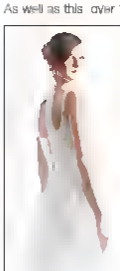
To apply for this role please forward your CV to Housekeeper Position Westhampnett House, Stane Street, Westhampnett, PO18 0NT. Or email CV to **admin@westhampnetthouse.co.uk**



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Braving the Dragons' Den at Oakwood School

George Heroys, Gabriel Rarwick and Thomas Lawson with their 'no hands doughnut eating' stall

BUDDING entrepreneurs from Year 6 at Oakwood School have been competing to turn a £10 investment into a profit-making business as part of their maths syllabus. As well as coming up with a winning business proposal and masterminding a marketing campaign to attract customers, the 10 and 11 year old pupils also had to pitch their ideas to a team of three Dragons in order to win investment.

The Dragons, who are one of the Oakwood Governors, the Bursar and the Head of Marketing, questioned the children closely about their business proposals, keen to make sure that they had done their homework and thought their plans through thoroughly.

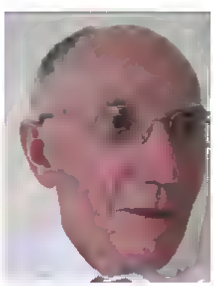
This scheme, now in its third year at the Chichester prep school, helps to bring maths to life and teaches the children valuable business skills, as well as encouraging their entrepreneurial skills. The value of this project has been underlined this week in a Government paper, launched yesterday by David Cameron, which promotes enterprise and entrepreneurship education in primary schools. The Government Oakwood's Head of maths, Richard Bax, has always seen the value of teaching children financial and business skills.

"The Skills and Enterprise minister, Richard Hancock, has been saying this week that it's important that young people gain the skills and experience they need to help them understand what it means to run a business and to do it successfully, and I couldn't agree more. The Oakwood Entrepreneurs' Scheme allows children to develop their entrepreneurial skills and fosters imagination and creativity in a business environment, invaluable for tomorrow's CEOs and business leaders. It also teaches them vital financial lessons about how to make your money grow."

The Year 6 entrepreneurs pitched a variety of business ideas to the Oakwood Dragons, from dip dying hair and offering manicures to a beat the goalie game and selling home-made cakes and set up their stalls on a sunny afternoon to sell to the pupils, staff and parents.

Freddie Mayhead, a Year 6 pupil whose stall, XLR8, ran a bottly contested Scalextric challenge, really enjoyed the process. "We learnt about different business skills, like marketing, what our target customers might like, about how to make our stall stand out from the others and how to get the most profit from the afternoon. The dragons must have liked our pitch as they gave us an extra £5 on top of the initial investment which we put to good use, offering ice cream milkshakes as a sideline to the racing game. We are hoping that we might win the Entrepreneur trophy this year!"

Space engineer to be new club president



Cliff Hughes

THE NEXT President of the Rotary Club of Chichester will be Cliff Hughes.

Cliff has spent all of his working life in communications engineering. For 20 years he worked for Marconi and then spent 25 years with the European Space Agency in the Netherlands. He was responsible for the procurement of ground facilities and for satellite testing and application programmes.

In 1997 he retired from the Agency and moved to East Wittering where he ran a small space systems consultancy before finally retiring in 2005.

In 2007 Cliff joined the Rotary Club of Chichester, serving on several committees. He is looking forward to becoming the President on 1st July and to leading the Club in its charitable endeavours serving the local community.

Cliff has been married to Shirley for 55 years. They have two children and four grandchildren, two of whom are starting University.

Cliff has played tennis all his life and still does although he says it is in a rather more sedate manner these days.

The Rotary Club of Chichester was founded in 1919 and has been in continuous existence ever since. It was the 26th Rotary Club to be chartered in Great Britain and Ireland. It has a current membership of 60 business men and women united in the ideal of service.

The Club is part of Rotary International which has some 1.2 million members worldwide.

For further information please contact Rotarian Brian Bird at brian.bird@talktalk.net or 01243 536468.

Sainsbury's Chichester celebrates success of year-long partnership

A YEAR'S worth of fundraising and awareness support from Sainsbury's Chichester has made a huge difference to the staff at The Point. Thanks to generous donations from customers, the store has announced they have raised £2,165.62 in total. On Wednesday 4 June 2014, colleagues from the store, including Karen Talman, PR Ambassador and Becca Dickenson met the charity members at The Point to celebrate the successful partnership.

It's been an amazing 12 months for the charity after they entered Sainsbury's Chichester Local Charity voting process back in May 2013. For the last five years, the retailer gives customers nationwide the chance to vote for their favourite local charity, to be considered to receive a year's worth of support from their nearby Sainsbury's store.

When the charity was announced as Chichester's new Local Charity partner for 2013/2014, John Watson couldn't wait to get started. "For a big retailer like Sainsbury's to confirm a year's partnership with us was just incredible news," he said. "I remember getting the phone-call and having a big grin on my face! We had our first meeting shortly after and we worked up some great ideas that we hoped would create great feedback with the store's customers and colleagues."

Throughout the last 12 months, colleagues at the store held several activities to raise funds and awareness of the charity's cause. These included colleagues from the store providing and preparing food which helped them have a fabulous Christmas party. The store's final fundraising activity as part of the partnership was a collection at the front of the store to raise awareness of the VR Experience. Despite the partnership coming to a close, it doesn't mean that the charity will now be forgotten as Store Manager Kay Goacher explains: "Our colleagues have really enjoyed working with The Point and it's certainly touched the hearts of many of them that before didn't necessary have a direct link to them. We know what an important part they play in the community and we hope the year long partnership has helped remind our customers of the valuable service they provide in Chichester. Thanks to the partnership, we'll certainly now be looking into ways we can support them in the future."

The partnership has helped the charity to purchase new equipment and John Watson is grateful for the admirable efforts of customers and the Sainsbury's Chichester team. "Working with Sainsbury's Chichester over the last 12 months has made such a difference to our cause," says John. "We've raised a fantastic amount which we're using towards a bigger size ramp and a changing table and we're now looking forward to working with them on future opportunities."

Customers have had the chance to vote for a local charity to be Sainsbury's Chichester new Local Charity Partner.

A shortlist of nominations will be drawn up and the store's colleagues will then invite the three charities that they feel best fit the needs of the community into store to talk about how Sainsbury's can support them. The chosen charity will be selected based on the reasons given and the store will announce their chosen charity in July.

Two colleagues from the store Karen and Becca meet the charity members to deliver a cheque for £2,165.62 from generous donations collected from customers throughout the year

John Lewis at home Chichester Partners are covering 150 miles to raise money for Barnado's

JOHN LEWIS AT HOME Chichester Partners (staff) will be cycling and running 150 miles in their branch to celebrate their 150th anniversary whilst raising money for Barnado's.

To celebrate their landmark birthday Partners from all John Lewis at home branches around the UK will be sweating it out on the shop floor when they cycle on exercise bikes and run on treadmills to cover 150 miles in each branch to raise money for the children's charity.

Each of the 12 John Lewis at home branches across the country have asked Partners to sign up to the challenge which will run simultaneously across all branches on Saturday 5 July 2014 from 10am with an approximate finish time of 5pm. Partners across the country will be able to track each other's progress and cheer each other via a live video conferencing link to each of the 12 participating branches.

Customers of John Lewis Chichester are welcome into the branch to cheer on the participating partners. To make a donation to Barnado's 150th anniversary charity and help support those UK children who need it most, please text JLChichester to:

70300 to donate £3; 70500 to donate £5; 70100 to donate £10

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Arts & Entertainment

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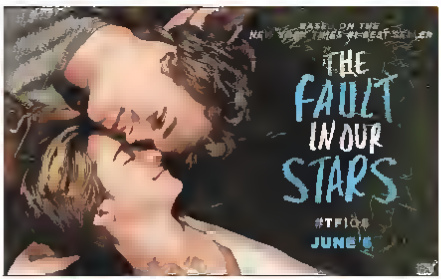
Now showing at Cineworld Chichester

Cinema Review: The Fault in Our Stars

The Fault in Our Stars (12A)
Running time: 125 mins
Director: Josh Boone
Starring: Shailene Woodley, Ansel Elgort, Nat Wolff



A story about first love in the face of certain death, The Fault in Our Stars is based on the novel by John Green. At the centre is a hugely affecting performance from Shailene Woodley – who is shaping up to be something of a star herself. Josh Boone's second feature (following 2012's Stuck in Love) has a title that paraphrases Shakespeare, is rich in sweetness and sorrow but way too liberal in its sprinkling of cheese.

Our protagonist Hazel (Woodley) tells us her story: she's a 17-year-old terminal cancer sufferer whose imminent demise has left her cynical and alienated from her peers. Her mother Frannie (Laura Dern) encourages her to join a support group and this is where she meets Augustus Waters (Ansel Elgort), a young man of singular smugness who ploughs through Hazel's resistance to sweep her off her feet.

Boone's film sticks closely to the narrative of the book and boasts an endearingly sunny aesthetic in defiance of its subject matter. The Fault in Our Stars purports to be a truthful representation of a terrible predicament, yet alongside criticising the clichés of what it calls the 'cancer genre', it extravagantly embraces them, featuring teens who are the picture of health when they're close to death and several montages flanked by sugary pop, or music of shameless sentimentality.

Nonetheless, it has undeniable impact when the final act's hardship rains down, with a visit to Hazel's favourite author acting like an ice-bath to the movie's maniacal optimism.

The Fault in Our Stars lays its joy and tragedy on with a trowel. Depending on your stomach for films which deal entirely in emotional extremes (and on whether you find Augustus to be a dreamboat or an unbelievably annoying prat) you'll need plenty of tissues, or a bucket. Or possibly both.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Shailene Woodley played the character Tris in which teen sci-fi/fantasy film?**

A. THE HUNGER GAMES
B. DIVERGENT
C. I AM NUMBER 4

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 24th June 2014 at midday. The winner will be notified later on that day. Last week's winner was Lucy Bullen from [illegible]. [illegible] competition terms and conditions apply.

cineworld
Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Goodwood releases all-star 'drivers and riders list for festival of speed

GOODWOOD has revealed a list of over 90 star motor sport personalities that have confirmed their attendances at the Festival of Speed on June 20-29.

The 2014 Festival of Speed theme, 'Addicted to Winning', has attracted some of the most successful drivers and riders in the history of motor sport to Goodwood and include legends of Formula 1, rallying, sportscars, US racing, motorcycle grands prix and freestyle motocross.

Formula 1 World Champion Kimi Raikkonen, who will attend the Festival of Speed with Shell and becomes the sixth confirmed F1 title winner for the event, joining John Surtees, Emerson Fittipaldi, Jenson Button, Sir Jackie Stewart and Damon Hill on the entry list.

Le Mans 24 Hours winners Emanuele Pirro, Andre Lotterer, Henri Pescarolo and Jackie Oliver will all appear, as will World Rally champions Sebastien Loeb, Bjorn Waldegard and Didier Auriol.

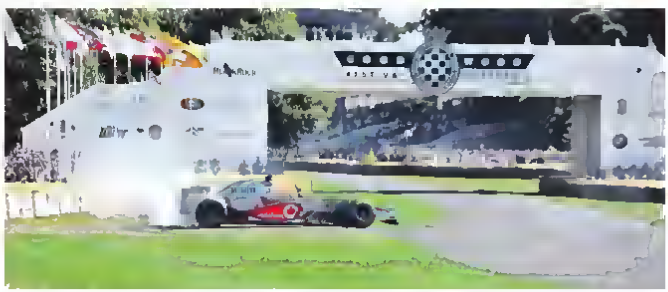
Richard Petty, the most successful NASCAR driver of all time with seven titles in the top 'Cup' category, is joined by fellow legends of US racing, including Indy 500 winners Al Unser, Kenny Brack, Gil de Ferran and Dario Franchitti and two-time Daytona 500 victor Michael Waltrip in one of his own Toyota Camry NASCARs.

On two wheels, 15-time grand prix world champion Giacomo Agostini – the most successful rider in history – will be joined by fellow world champions Freddie Spencer, Wayne Gardner, Chaz Davies and Dougie Lampkin.

Olympic hero Sir Chris Hoy, drag racing legend Ron Hope, celebrity chef James Martin, Freestyle Motocross heroes Petr Pilat and Edgar Torronteras and X Games BMX legends Brandon Dosch and Kye Forte add further class to an astonishing line-up.

For a full list, please visit www.grrc.goodwood.com/festival-of-speed/riders-drivers

West Wittering based Damon Hill will be in attendance



Bat Boat to Red Arrows

Arun & Chichester (Air) Enthusiasts Society Speaker — Mr David Hassard at the Chichester Park Hotel, Chichester PO20 7QL Monday 23rd June 2014 — 7pm for 7.30pm start

Mr David Hassard will be talking about 100 years of world-class aircraft production at Hawkers, when they were based in Kingston upon Thames. The talk will cover the history of Sopwith Aviation and the Hawker Aircraft Companies from the first Sopwith flying boat, in 1913, through famous WW1 aircraft like the Sopwith Camel, the 1930's Hawker biplanes, the infamous WW2 Hawker Hurricane, the Typhoon and Tempest. He will then move into the jet age, talking about the Hawker Sea Hawk and the Hunter. His talk will culminate with two iconic aircraft — the Hawk & the Harrier. There will be more interesting photos and clips of the advanced jet trainer the Hawker Siddeley Hawk and the 'only' 'jump jet' / vertical take-off aircraft, the Hawker Harrier. The Hawk aircraft is still the front line training jet aircraft for today's RAF.

The Harrier has been, until recently retired, one of the RAF's leading attack aircraft, especially where it is said 'that it won the Falklands War'. The talk will be heavily illustrated with historic photographs of all of the amazing aircraft to come out of hawkers at Kingston upon Thames.

Entrance for members is £3, guests £5 and under 16's FREE. For further information about Air ACES please see www.airaces.org.uk or call David Bateock on 01243 823007

Dog show to support charity

ON THE 29TH JUNE, the Bognor Regis & District Dog Training Club will be holding their annual companion Dog show at the North Bersted Community Centre. This year the Show will be supporting the charity Last Chance Animal Rescue, which is based in Kent.

The Last Chance Animal Rescue Centre was founded in 1986, its aim being to rescue and re-home unwanted and abandoned animals.

They take in animals, mainly dogs, cats and rabbits and their Centre is constantly filled from two main sources: local 'handed in' pets and Welsh 'Pound dogs' saved from their death row sentence. For many it truly is their Last Chance. The charity operates a no destruction policy and carry out home checks to enable re-homing to most areas of the UK.

As usual the Show will have many stalls including the ever popular cake and plant stands, refreshments will be available all day.

Avis Hakes accompanied by rescue dog Dylan

This year the Club are pleased to report that the show will be sponsored by Chapel Farm Dog Food. It will be opened at 1.00pm by Last Chance Animal Rescue Trustees Denise Dawes and Avis Hakes accompanied by rescue dog Dylan.

Further details about the show are available on line at www.bognordogclub.org.uk

What's On in your local area...

• Write Angle Cabaret joins the Festival of Chichester Sunday June 29th, Jubilee Room, Chichester New Park Centre From 1.6pm. This includes a course on 'How to Perform Your Poetry', and an Open Mic to show what you've learned. Then Chichester's own 'Adelita Trio Band (Brazilian music), Hylda Sims & Guitarist, Speech Painter (Midhurst), Audi Maserati (Petersfield). Wine, cakes and soft drinks. From 6.00, socialising and networking. A fun day! Call box office 01243 813 595 for tix. (please see attachment for more info)

• AldingBOOM is coming to West Sussex this summer. This fun, family friendly festival is being held at the Aldingbourne Country Centre on Sunday 22nd June, 12noon to 9pm. Organised by the Chichester Music Academy, L'Arche and the Aldingbourne Trust, and part of the Festival of Chichester 2014, this is the second music festival produced by these organisations and promises to be a fantastic event with live music, a hog roast and beer tent, music workshops and family activities that can be enjoyed by all ages. Two stages will host a wide range of musicians and bands throughout the day – local bands, jazz, blues, acoustic, young up and coming stars and award winning stars. The line ups include: Sticky Rhythms, Aimee MacDonald – Sussex Young Folk Winner 2013, Nyodema Drummers, The Muddy Lane String Band, Superstar Arts Choir, Chichester Music Academy, Solace, Living Large and many more. Bring your family, friends and fellow festival fans to enjoy these superb acts in the unique venue of Aldingbourne Country Centre, home to local charity Aldingbourne Trust. Be part of the crowd at the Main Stage under the Oak Tree enjoying a Hog Roast and real ale from Rumshack, or chill out in at the Woodland Stage with an ice cream from Pinks Vintage Ice Cream. Tickets cost £20 family of 4, £2.50 children, under 4s free, £10 adults, Early Bird rate – 20% off if tickets are booked before 31st May. The event is supporting two charities – L'Arche and Aldingbourne Trust, both of which support adults with learning disabilities. For tickets visit the Festival of Chichester website and search for AldingBOOM www.chichestertickets.co.uk or call the ticket office 01243 813595. Tickets can also be bought at the Aldingbourne Country Centre Shop, call 01243 540033 or email nickie@aldingbournetrust.co.uk for more details. For up to date information about AldingBOOM follow the event on facebook. https://www.facebook.com/AldingBOOM

• Selsey Gardens Open Day – Sunday 22nd June 2014, 11am-5pm. Selsey is opening 27 gardens including new ones for 2014. The garden trail meanders through the town, visiting award winning allotments and gardens, continuing towards the sea via cottage, woodland and folly gardens before reaching beach side plots enjoying stunning sea views across The Solent. Many gardens have wheelchair access. Refreshments, Plants and Raffle tickets will be on sale during the day. All proceeds will go to St Wilfrid's Hospice and Alzheimer's Society. Admission Programme. Adult £5 (under 12s free) includes map and description of each garden, on sale in Selsey from Saturday 24th May at The Selsey Florist, Selseyworks and Selsey Town Council Offices. Details on www.opengardens.co.uk

• St Wilfrid's Hospice is hoping man's best friends will be waiting at the door ready to take part in a special walk on Sunday, 6th July. The Hospice is holding its first ever sponsored dog walk called 'Woof for Wilf' at Hotham Park, Bognor Regis. The idea is to sponsor the dog to complete as many circuits of the park as they want. The event runs from 9am until 11am — all walks must be finished by midday — and afterwards there will be doggy treats for all four legged friends and refreshments for their owners. Entry is £7.50 per dog. 'Woof for Wilf' registration forms are available from any of our shops, from the Hospice or register online at www.woofforwilf.stwh.co.uk. For more details contact St Wilfrid's Hospice's Fundraising team on 01243 755827 or email fundraising@stwh.co.uk

• Concorde is a social club which provides friendship and companionship for single people.
It is not a dating club but any members who form relationships or marry remain members.
It meets every Tuesday at the Walnut Tree, Runcton, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604715.

If you would like a non-profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and are printed here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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School Dinners: Plan To Cut Fatty Foods

DEEP-FRIED and battered food will be limited to two portions a week under new measures to make school dinners healthier.

Deputy Prime Minister Nick Clegg says the new standards are designed to make it easier for school cooks to create "imaginative, flexible and nutritious menus".

The Government has said previous standards introduced between 2006 and 2009 did much to improve school food, but were complicated and expensive to enforce.

Cooks had to use a special computer programme to analyse the nutritional content of every menu.

The new standards act like guidelines for cooks and include the following rules: one or more portions of vegetables or salad as an accompaniment every day, at least three different fruits, and three different vegetables each week.

They also limit fruit juice portions to 150ml and stipulate no more than two portions a week of food that has been deep-fried, batter-coated, or breadcrumb-coated.

Mr Clegg said: "The revised school food standards will allow schools to be more creative in their menus.

"They are easier for schools to understand and crucially they will continue to restrict unhealthy foods to ensure our children eat well."

While the standards have been welcomed by many teachers and parents, some argue they will be ignored by thousands of schools.

The standards are not compulsory for academies created between 2010 and June 2014.

A spokesperson for the National Union of Teachers (NUT) said: "Expecting some schools to sign up voluntarily while others are required to abide by the standards on a compulsory basis fundamentally undermines the principle of having universal food standards.

"This will significantly weaken the message that all schools should provide a healthy and balanced diet to all children."

The Government says it is confident schools will sign up to the new scheme, but it remains their choice.

Should I wash raw chicken? No, say experts

MANY PEOPLE wash raw chicken before cooking in a bid to reduce the spread of bacteria. But, according to health experts, the practice could be causing more harm than good.

According to the Food Standards Agency, washing raw chicken can spread a type of bacteria around the kitchen through the splashing of water droplets.

Campylobacter bacteria is responsible for the majority of cases of food poisoning – with around 280,000 people affected across the UK each year. The FSA said four out of every five cases are caused by contaminated chicken.

While most cases result in people suffering from abdominal pain, severe diarrhoea and vomiting, some cases can lead to more significant health problems.

Currently, more than two-fifths of cooks say that they wash chicken as part of their food preparations. But the FSA has now urged cooks to stop washing chicken before cooking it, saying the practice can spread campylobacter bacteria on to hands, work surfaces, clothing and cooking equipment through splashed water.

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Times are subject to change and are approximate.
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Park Road, Bognor Regis, West Sussex, PO21 2PX

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Chichester Herald in partnership with [illegible] fabulous meal for two people every
The Chichester Herald will be running a competition sponsored by Murrays every week where you have the chance to win
For your chance to win this week please answer the following question:
Can you guess where this picture was taken within the Chichester area?
For your chance to win this weeks competition email your answer name address and contact number to news@theshiphotel.net
North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net
Entries close on Wednesday 25 June 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last weeks answer was: Chichester Canal/Wharf/Basin

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National Express promotes 'romance of travel' in new campaign

NATIONAL EXPRESS is kicking off a TV campaign aimed at communicating the 'romance of travel' as it seeks to change people's 'outdated' perceptions of coach travel and convince them to consider taking a coach, rather than opting for the train or car.

The TV spots, which kick off tomorrow (14 June) focus on the reasons why people take coach journeys. Created by agency Isobel, the three ads show a group of girls heading to the airport, a couple going on a weekend away and a student coming back from college to visit his family.

They also star actor David Soul, best known for his turn in TV programme Starsky and Hutch, as the coach driver. The hope is the use of a celebrity will make the ad stand out and add some humour.

National Express' marketing director Susanna Holdsworth says the aim is to shift the brand's positioning to make it a 'good time brand' associated with holidays and trips. She believes many people still have an outdated view of coach travel, so the ads will also look to showcase the product, including the fact that the coaches have WiFi, leather seats and plugs so people can charge phones or work on their laptops.

"We want to get on the consideration list for more people so that when they are looking to take a journey they consider coach. We have implemented lots of improvements over the past five years and we want to showcase that to customers as well as rolling in the reasons why people travel," she adds.

Holdsworth says National Express does not need to boost awareness, with more than 90 per cent of the population aware of the brand. However, she admits there is a perception issue and that it needs to convince people that coaches are a "credible" option.

The TV spots will initially run in central England, with National Express planning to assess the results, including passenger revenues and social media engagement, and then roll it out nationwide if the results are positive. The TV campaign is being backed up by print ads, as well as social media and CRM activity.

Ads will also appear on the back of 50 National Express coaches and at point-of-sale in its retail location as it looks to create a consistent brand message.

National Express has had a strong start to the year, with passenger numbers up 9 per cent year on year. Holdsworth is hoping the campaign will build on that momentum.

"There are times when coach travel works and times when it doesn't. We just want to make sure people consider us," she adds.

Harmony Acutherapy Clinic

Holistic Acupuncture, Acupressure & Traditional Chinese Medicine

Suffering from Migraines? Help is at hand

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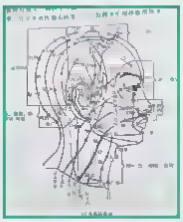
In Traditional Chinese medicine's philosophy, no stagnation (blockage), no pain. Using Chinese medicine &acupuncture, the stagnation can be removed, and the blood circulation in the head can be regulated. The body as a whole system can be balanced at the same time. So the treatment can release the symptom as well as to prevent it from happening. For people who are feared of needles, acupressure can be applied instead.



Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK). He has been practising his profession over 18 years and has his own clinic in Chichester town centre.

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London, Portmouth and Chichester for over 5 years. Prior to this having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

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Water Melon used for muscle soreness

Denise Kelly
Naturopath c
onut Therap st

My children and I love watermelon, and it's something that we very much associate with summer and a thirst quenching snack. But this juicy, sweet fruit may be more useful than you think!

Many of us experience muscle soreness following a vigorous or new workout don t we? It is almost inevitable, and though it may be uncomfortable, it's actually a good thing. It means that you've effectively stressed and challenged your muscles and as your muscle fibers repair themselves, they'll grow stronger in the process. Post-workout soreness is a normal response to exertion and part of an adaptive physiological process that leads to increased strength and stamina. This muscle soreness will go away on its own in a matter of days, but if you aren't keen on suffering in the meantime, there may be some natural options that help.

Watermelon Juice to the Rescue

If you have a juicer, try juicing about one-third of a fresh watermelon and drinking its juice prior to your next workout. (Or, you can just eat it if you don t have a juicer). This contains a little over one gram of l-citrulline, an amino acid that seems to protect against muscle pain. One study found that men who drank natural unpasteurized watermelon juice prior their workouts had reduced muscle soreness 24 hours later compared to those who drank a placebo. Interestingly, another group of men drank pasteurized watermelon juice that had been enriched with nearly 5 grams of l-citrulline, and while they, too, experienced relief from muscle soreness, it was no more effective than the natural watermelon juice.

Watermelon Also Has Anti-Inflammatory Properties

Delayed onset muscle soreness (DOMS) or the muscle soreness you've experienced one to two days after exercise, is actually caused by inflammation stemming from microscopic tears in your muscle fibers, or more specifically, microtears between your muscles and their surrounding tissues. These damaged muscles release biochemical irritants that trigger mild inflammation, which awakens your pain receptors. In addition to its l-citrulline content, it could be that watermelon helps relieve muscle soreness because of its anti-inflammatory properties. For instance, watermelon contains the anti-inflammatory antioxidant lycopene as well as cucurbitacin E, or triterpenoid, which blocks the activity of the pain and inflammation causing enzyme cyclooxygenase, the same enzyme blocked by so-called COX-2 inhibitors which include most NSAID drugs like aspirin and ibuprofen.

So, if you want a natural and a very good way of handling the pain try watermelon. It's so much gentler on the system than over the counter medication and full of goodness'

History of Watermelon

1. **Watermelon is thought to have originated in the Kalahari Desert of Africa.**
2. **The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and is depicted in Egyptian hieroglyphics on walls of their ancient buildings**
3. **Watermelons were often placed in the burial tombs of kings to nourish them in the afterlife**
4. **Watermelons spread throughout countries along the Mediterranean Sea by way of merchant ships. By the 10th century, watermelon found its way in China, which is now the world's number one producer of watermelons**
5. **The 13th century found watermelon spread through the rest of Europe via the Moors**

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her: www.denisekelly.co.uk info@denisekelly.co.uk @DrKNutrition 07730671436

Age Related Macular Degeneration

Nuffield Health hospitals

Life is beautiful and we are blessed with the knowledge and technology to help us pursue an active healthy life for many years. That is the reality of our times, more and more people are living above the age of 60 years. This may be wonderful but more and more age related disease start surfacing. One of these conditions is Age Related Macular Degeneration, which is now the main cause of blind registration in the western world.

The name clearly eludes to age out with age in susceptible people. We now have identified several genes that may be responsible for this condition and therefore it tends to run in families.

Essentially, there are two types of the disease; Dry and the Wet types. It almost always starts as the dry type and may progress to the wet type. Dry Macular Degeneration takes place slowly and gradually over many months to years. It degrades vision very slowly but there is no treatment available at the moment. There is lots of promising research with regards to this condition and many treatments may arise in the near future. Wet Macular Degeneration on the other hand, progresses very rapidly. It is due to leakage of abnormal blood vessels in the macula and the fluid that leaks can perpetuate the damage to the macula. Progress of vision loss can be a matter of weeks rather than months. However this type of macular degeneration is amenable to treatment. We have several agents we can use and are very effective in halting the progression of the disease. The aim in Wet Macular Degeneration is to pick up the condition early before any permanent damage occurs. People who notice rapid deterioration of vision should report to their GP or optician as soon as possible for appropriate referral.

Mr Sal Rassam, MD DO FRCOphth Consultant Ophthalmic Surgeon.

Figures suggest NHS funding gap

THE HEALTH SERVICE in England faces a funding gap of more than £1.5 billion in the next financial year, figures suggest.

The NHS's secondary healthcare budget in England, which includes money for hospital and mental health services, is £76 billion, but analysis of figures from the health regulator Monitor suggest that in 2015/16 there will be a funding gap of £5.1 billion.

But even after all realistic efficiency savings are made there will still be a deficit of £1.6bn for 2015/16, according to reports.

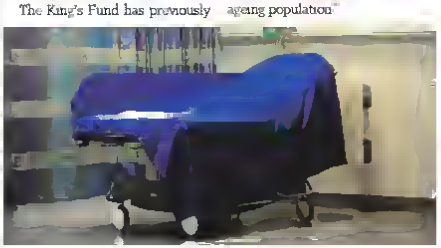
Health economists have said in the past that the NHS is facing a "looming financial crisis".

The King's Fund has previously warned of a bleak financial outlook for the NHS in 2015/16.

The influential think tank said that a "significant" boost in funding is needed for the NHS to prevent an impending crash.

Health officials said that the NHS is "on track" to make £20 billion in efficiency savings it was tasked with making.

A Department of Health spokesman said: "The NHS is on track to make £20 billion savings this Parliament and we are confident that it will continue to make the savings necessary which will be reinvested to front line care to meet the rising demands of our ageing population."



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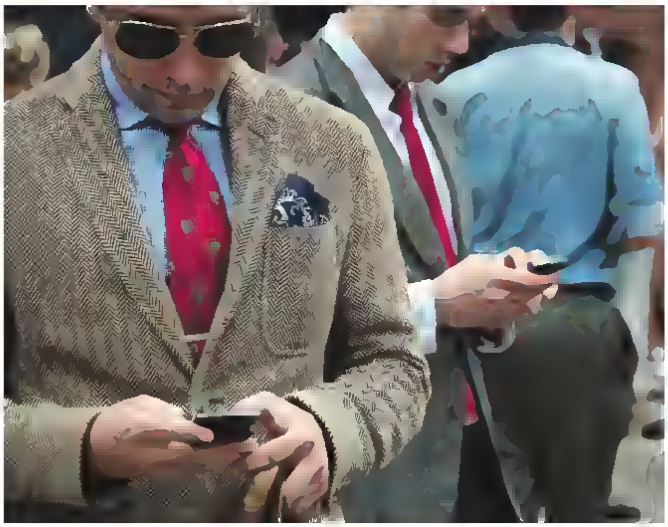
UK menswear to grow 27 percent



THE UK MEN'S fashion market is set to grow 27 percent between 2013 and 2018 to a value of 16 4 billion pounds, according to Mintel data released by the British Fashion Council The forecast kicked off the start of the bi-annual menswear showcase London Collections: Men, which runs until June 17

The BFC figures also revealed that the UK menswear has grown by 18 percent between 2008 and 2013 to reach a value of 12.9 billion pounds Adding that in the last year, sales in the market have grown by 4 8 percent, with retailers "increasingly turning their attention to men's wear," Mintel said

Commenting on the figures, Mayor of London Boris Johnson said "These new figures prove that London is without doubt the home of men's fashion, supporting increasing numbers of businesses and jobs

"The fact that menswear is expected to grow by a third in the next 5 years is testament to our unrivalled heritage and the visionary designers dominating our catwalks Plus the capital's men are the sharpest dressed around, so it's time to puff out our plumage!"

Ed Vaizey, Minister for Culture, Communications and the Creative Industries added: "These figures not only represent the exponential growth of the menswear industry but also show the continuing growth of the creative industry The sector consistently punches well above its weight, and is a true powerhouse within the UK economy that outperforms all the other main industry sectors"

This season's LCM will showcase more than 70 designers and will host 30 percent more buyers than last season and last year, according to the BFC, a figure linked to the UK Trade and Investment's ongoing support of the Guest Programme

LC M runs until June 17 and features new additions to the schedule including DKNY, Moschino, Joseph, Maharishi, Ede & Ravenscroft, Turnbull and Asser, Tiger of Sweden and Nicholas Kirkwood.

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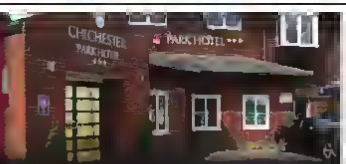

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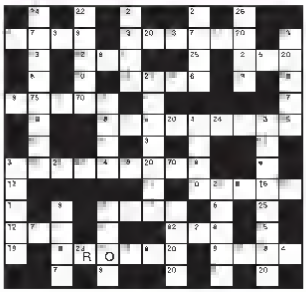
Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	19
3	18
4	17
5	16
6	19
7	O 20
8	21
9	22
10	23 R
11	24
12	25
13	26

Last week's solutions

1 K	2 D	3 E	4 I	5 J	6 M	7 Q	8 R	9 O	10 H	11 L	12 A	13 C
14 X	15 W	16 F	17 Z	18 V	19 S	20 T	21 U	22 B	23 Y	24 G	25 P	26 N

Words mare

S	O	W
C	E	C
L	K	I

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others...and letters may be used only once. You cannot use plurals, foreign words or proper nouns but verb forms ending in s are permitted. There is one 9 letter word to be found.

How you rate

10 words - average,
15 words - good,
20 words - very good,
25 or more - excellent.

Last week's solutions.

amme, ambit, amsebic, atom, atomic, beam, bemix, cameo, coma, comb, combat, combative, come, comet, emit, limb, lime, mace, mate, meat, mete, mice, mite, moat, mote, motive, move, omit, tame, team, time, timb, tome, vomit.

Double Crossword

Choose either quick or cryptic clues.

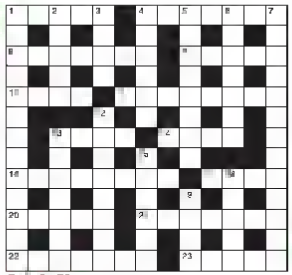
Cryptic Clues:

Across

1 See 17 Across
4. See 10 Across
6. Having no potential to describe the celebrity (7)
9. Dickensian character to do some rewriting (5)
10 & 4Ac. These menaces are certainly not fast (4,7)
11 Personal disposition of estate shows obstinacy (4-4)
13. Relinquish a small spot (4)
14. Refuse to admit in the garden yonder (4)
16. Swindle the gambler to make more progress (2,3)
17 & 1Ac. Become insured and keep away from danger (4,5)
20. Route diverted at a distance from the built (5)
21 Tap man confused about one West indian space (7)
22 & 6Ac. To have regard for sick shows seamanship (14)
23. Does this attract a right sentence? (5)

Down

1 What a travelling orchestra goes on? (9,4)
2. Invigorating talk unfinished by six (5)
3. Stone type required for a girl (4)
4. Various sheets needed for housestorms (8)
5. Approvest, if I get mine vod in different trade (5)
6. See 22 Across
7 Not an urban communion on the moon (8,4)
12. Jails vacant - no stamp required (4-4)
13. Documents to be raised in specific times (7)
15. He's absolutely in control of French cartoon (8)
18. Members of the family for whom gives heve no interest impact (5)
19 Nineteenth century novel put back in the programmes (4)



Quick Clues:

Across

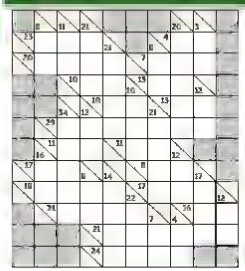
1. Bestow (5)
4. Tetanus (7)
8. Astounding (7)
9. Valley (5)
10. Obligation (4)
11. Rude (8)
13. Hypocrisy (4)
14. Depend (4)
16. Amount (8)
17. Conceal (4)
20. Supplementary (5)
21. Copy (7)
22. Flood (7)
23. Clothe (5)

Down

1. Bombastic (13)
2. Tarry (5)
3. Neat (4)
4. Pod (6)
5. Client (8)
6. Merry-making (7)
7. Salubrity (13)
12. Introduce (8)
13. Prattle (7)
15. Apparatus (6)
16. Effigy (5)
19. Sort (4)

Last week's solutions.
GRYPT C Across 3 Hour-glass, 8 Reel, 9 Number one, 10 Adhere, 11 Alas, 14 Reach, 15 Turn, 16 Evens, 18 Aids, 20 Amble, 21 Afoot, 24 Rascal, 25 Attention, 26 Nosh, 27 On the whole Down: 1 Great bear, 2 Memorandum, 4 Opus, 5 Rebel, 6 Large, 7 Same, 8 Niche, 11 Adept, 12 Supplicate, 13 Unhealthy, 17 Seven, 19 Afresh, 22 Oaths, 23 Stun, 24 Fruit. QUICK Across: 3 Searching, 8 Edge, 9 Dreamlet, 10 Opt on, 11 Steer, 14 Rate, 15 Down, 16 Reach, 18 Major, 20 Abate, 21 Needy, 24 Remiss, 25 Reject on, 28 Turn, 27 Preserved Down: 1 Aeroplane, 2 Agitation, 4 Earn, 5 Remit, 6 Hatred, 7 Nosy, 8 Demur, 11 Steely, 12 Rapacious, 13 Insistent, 17 Haven, 18 Recess, 22 Deter, 23 Tear, 24 Rave

Kakuro



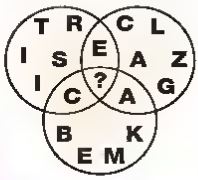
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions.
The letter represented by the question mark is M. Macaque, mandrill, marmoset, all types of monkey.

Anhamuddle

Rearrange the letters in the grid below to make five words that read both across and down. Five letters have been placed to start you off.

					T
				V	
R					
	V				
		S			

A

V	A	N	T	E
T	Y	G	E	R
S	A	V	E	T
T	A	U	R	E
G	E	V	A	S

B

Last week's solutions
Relic Epoch Lotto Iotus, Chose

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions => From top to bottom: Simple, Intermediate, Difficult

Simple

		6		8		7		5
		7	1				6	4
	8	4	5			1		
	1	5		3				2
9			6		2		8	
8				5		4		3
		9			1		5	
2	5			9	7	3		6
		8		4		9		

Intermediate

1	7					8		5
		6	7		8		4	
8			2					
	4		8					9
		5	3		9	6		
6				7	5		8	
		8			2			4
	5		9		3			8
		2		8			9	6

Difficult

6				4				1
	2	3	5		9	7	6	
		8	4		3	6		
		2	9		7	5		
	8	5	6		2	1	3	
1				3				9

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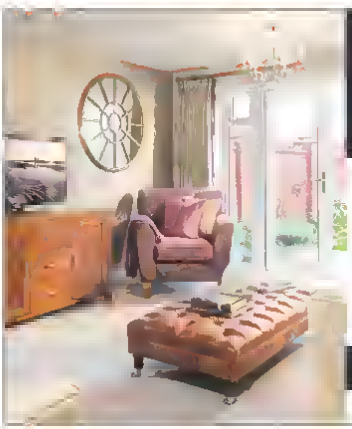
For more information, contact Coastguards Estate Agents on 01243 267026 www.coastguardsproperty.co.uk



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CRAIGWEIL-ON-SEA **£585,000**

A detached family house situated on a good sized plot in private estate, approx 300 yards from the private beach. The specification of this well presented property includes G.F.H., cloakroom, large dual aspect living room, a study, a kitchen/breakfast room, utility room, master bedroom with en suite shower room, three further bedrooms, bathroom, detached double garage and large secluded rear garden. EPC Rating D

ALDWICK **£850,000**

Detached house situated on the beach front of the Aldwick Avenue private marine estate. The enviable location all wes panoramic sea views from many of the principal rooms and direct access to the beach from the rear garden. This well presented property includes g f h u P.V.C. d/glazing, cloakroom, sitting room, morning room, dining room, study, kitchen/breakfast room, utility area, master bedroom with balcony & en suite bathroom, 3 further bedrooms, second bathroom, double garage, courtyard front garden with parking for additional vehicles & s South facing rear garden. EPC RATING D

CRAIGWEIL PRIVATE ESTATE **£850,000**

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kit/breakfast room, utility room, an unusual curved staircase and landing, master bedroom with en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear. EPC Rating D

FORD **£795,000**

A detached cottage style house set in approx two acres of ground offering superb sweeping rural views. The property has potential for further development if required. Cloakroom, entrance hall/study, dual aspect living room, dining room, good size kitchen, separate utility room, master bedroom with en suite shower room, two further bedrooms, second shower room, detached triple garage with studio/office over, heated swimming pool and hot tub, 28' timber garden store. EPC Rating E

CRAIGWEIL PRIVATE ESTATE **£775,000**

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kit/breakfast room, utility room, an unusual curved staircase and landing, master bedroom with en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear. EPC Rating D

ALDWICK **£650,000**

A Character house situated on a corner plot. The specification of this well presented property includes g.f.h. dble glazing, dual aspect lounge and sep. dining room, kitchen/breakfast room with conservatory extension, utility room, master bedroom with en suite shower room, four further bedrooms, family bathroom, separate w.c., garage and good size gardens. EPC Rating F

ALDWICK **£625,000**

A detached bungalow situated on the beach front in a private cul-de-sac approx. 2 miles to the West of Bognor Regis. All principal rooms are facing South with panoramic sea views. Cloakroom, spacious open plan lounge & dining room, conservatory, fitted kitchen/breakfast rm with separate utility rm, master bedroom with en suite bathroom, two further bedrooms, second bathroom, an integral double garage with excellent additional parking. EPC Rating D

Motors

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All-new Nissan Qashqai takes top honours at the Tow Car Awards 2014

THE ALL-NEW Nissan Qashqai has proved it has the pulling power to match its stunning good looks and captivating personality after it was named as The Overall Winner at the prestigious Tow Car Awards 2014.

The British built model, which has redefined the crossover sector since its launch in January 2014, also won the 1,400kg-1,549kg (kerbweight) category, to underline its position as the new car of choice for the caravanning community and those who tow regularly.

Judges from the Camping and Caravanning Club and influential magazines Practical Caravan and What Car? tested a record 50 cars, including many premium brand offerings, before concluding the Qashqai 1.6 dCi 130PS Acenta Premium, priced from £25,780 RRP, is top of the tows.

They praised the model for its stability at speed, impressive performance, abundance of torque, smooth braking, exceptional 100kg noseweight and effortless hill-start ability. They were also impressed by the Qashqai's all-round practicality and large 430-litre boot.

This winning combination, plus the model's highly impressive 1,800kg maximum towing weight (braked) – a massive 400kg improvement on the original Qashqai – was enough for it to see off competition in its weight category from several rivals from Volkswagen, Skoda, Mercedes-Benz and Ford.

David Motton, Tow Car Editor at Practical Caravan, said: "The new Nissan Qashqai has already impressed What Car? enough to be named the 2014 Car of the Year. It didn't take long behind the wheel to discover that the Qashqai has what it takes as a tow car, too. There was strong competition for the top prize this year, but the Qashqai's towing ability, practicality and build quality make it the stand-out tow car champion of 2014.

"The first thing we look for in a tow car is stability at speed. This is one of the Qashqai's greatest strengths – its unflustered approach to towing puts the driver at ease. Long journeys towing with the Nissan should prove hassle-free."

The two prizes from The Tow Car Awards are the latest additions to the all-new Qashqai's impressive list of award wins. Less than six months after it was first launched, the model has already been named Car of the Year' by both What Car? and Diesel Car magazines, New Car of the Year' by eBay Motors customers. Meanwhile, the model's strong appeal to business car operators and drivers was recently recognised with the 'Best Crossover' title in the Fleet World Car Awards.

Jim Wright, Managing Director of Nissan Motor GB, said: "We are delighted that the Qashqai has been named as The Overall Winner of The Tow Car Awards and it serves as proof of the crossover's versatility. The all-new Qashqai was designed and engineered from the ground up to be truly outstanding across the board.

"The awards already won have clearly demonstrated how the Qashqai has massively raised the bar in the crossover sector and is now the car to beat for private buyers, families and fleets. Now caravan enthusiasts and those who need a vehicle that can tow know that the Qashqai is the best choice for them too."

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Goodwood stars compete in Amateur Championship

Golf event attracts world ranked field to Northern Ireland

GOLF AT GOODWOOD'S talented Toby Tree and Marco Penge are in Northern Ireland this week to compete in the 110th Amateur Championship at Royal Portrush Golf Club from June 16th-21st. Toby's fine form continues this season and he now holds the second lowest handicap in England at +5.1 and Marco is playing off +3.6 and over the past 18 months he has moved from 4,000th in the World Amateur Golf Rankings to an impressive 281st position.

For the third year in succession all 288 competitors from 26 countries are ranked players on the WORLD AMATEUR GOLF RANKING™. Fifteen golfers from Ireland and Northern Ireland, 29 from Scotland, 63 from England and 6 from Wales have made the draw that also features 13 top players from the USA alongside competitors from as far afield as Argentina, Colombia, Mexico and New Zealand. Toby and Marco are ranked 73 and 281 respectively in the World Rankings.

The Amateur Champion will earn a place in this year's Open Championship at Royal Liverpool, Hoylake and the 2015 US Open at Chambers Bay in Washington State. Traditionally, an invitation is also extended to play in the Masters Tournament at Augusta.

The first two days of The Amateur Championship comprise stroke play qualifying over both courses before the field is cut to 64 and ties and the match play format finds the champion over the final four days' play at Royal Portrush.

Several former Open Champions and Ryder Cup team members have played in the Amateur Championship including Jack Nicklaus, Sir Nick Faldo, Darren Clarke, Padraig Harrington, Henrik Stenson, Louis Oosthuizen, Ernie Els, Colin Montgomerie and Sergio Garcia, who won in 1998.

Lewis Hamilton to appear at Goodwood

BRITISH FORMULA 1 HERO Lewis Hamilton will drive at the Goodwood Festival of Speed on June 26-29 as part of Mercedes-Benz's celebration of its 120 years in motor sport.

Hamilton, the 2008 F1 World Champion, will drive a modern grand prix car, run by his regular Mercedes AMG Petronas Formula One team, up the Goodwood Hillclimb on the Sunday afternoon of the Festival of Speed.

Twenty-nine-year-old Hamilton, whose four victories this year mean he has won more races than any other F1 driver in the current season, more than lives up to the 2014 Festival of Speed theme 'Addicted to Winning'.

On top of his 2008 title, he has taken 26 grand prix triumphs and this year took the record for pole positions set by a British driver – which now stands at 35 – from the legendary two-time champion Jim Clark.

He also took titles in Formula Renault, Formula 3 and GP2 on his way to grand prix racing and remains one of only a handful of drivers to have finished on the podium on their F1 debut.

Hamilton is the sixth F1 world champion to confirm his presence at Goodwood. He joins Emerson Fittipaldi, John Surtees, Sir Jackie Stewart, Jenson Button and Kimi Raikkonen in the Festival of Speed line-up.

Mercedes will also bring 16-time grand prix winner Sir Stirling Moss, four time IndyCar champion Dario Franchitti, DTM legends Roland Asch and Bernd Schneider, Le Mans winners Hans Herrmann, Klaus Ludwig and Jochen Mass and ex-F1 man Karl Wendlinger to the Festival of Speed.

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